

# DESERT AIRMAN

Vol. 64 Issue 37

Davis-Monthan Air Force Base, Ariz.

Friday, Sept. 23, 2005



## D-M Airmen pay respects to POWs, MIAs Sept. 16

By Senior Airman Brandy Dupper-Macy  
355th Wing Public Affairs

Airmen of all ranks came to pay their respects to prisoners of war and servicemembers missing in action at a ceremony in front of the wing building for National POW/MIA Recognition Day Sept. 16.

"This is an important event," said Col. Michael Isherwood, 355th Wing vice commander, during his speech at the ceremony. "It's fitting that we pause to honor and remember those who have served this nation under the most demanding and exhausting circumstances ... as prisoners of war and missing in action."

"(The) POW members may pay a price higher than death itself while being held captive by our enemies," said 1st Lt. David Alexander, 43rd Electronic Combat Squadron and coordinator for ceremony. "We can never repay their service, only honor them for their commitment to our country and our cause. Servicemembers who are still MIA deserve our same respect being separated from their families or paying with their lives."

See **POW**, Page 8

### Practice makes perfect

A Tucson city firefighter aids 2nd Lt. Daniel Niederhauser, 355th Civil Engineer Squadron, after a simulated EC-130 crash. Lieutenant Niederhauser has a simulated puncture wound by a piece of metal from the aircraft. Tucson police and fire departments and military personnel all helped during a combined Major Accident Response Exercise just outside of Davis-Monthan Air Force Base Sept. 16. For more information on the MARE, see **Davis-Monthan, city test emergency responses**, Page 4.



Photo by Airman 1st Class Jesse Shipps

## Wing Readiness, Safety Days aim to train Airmen on essentials

By Senior Airman Brandy Dupper-Macy  
355th Wing Public Affairs

During the month of September, Airmen from Davis-Monthan will have the opportunity to learn how to prevent mishaps and ensure they are ready to fight when ordered.

Both Wing Readiness Day, Wednesday, and Wing Safety Day, Thursday, have separate agendas.

Wing Readiness Day is intended to ensure Airmen are up to speed and are prepared to deploy when called.

"There was a time in the not too distant past that the wing was not ready to deploy," said Lt. Col. Scott Stark, 355th Wing chief of inspections and plans. "There were a large percentage of wing personnel who were not current on required training such as Chemical Warfare Training, 9 mm and Self Aid Buddy Care. The high operations tempo was used as a reason to not stay current on this mandatory training. The wing leadership decided the only way to make sure it was getting done was to cancel

our normal day-to-day missions and provide dedicated time to get our Airmen the training they needed to succeed in their wartime tasking."

Safety Day is designed to encourage Airmen to practice good operational risk management.

The day of training is focused on learning from other people's previous mistakes in the last six months.

"Safety is a way of thinking, a way of living," said Michael Barnes, 355th Wing acting chief of wing safety. "Once you learn the correct

way to do something, and practice it until it becomes a habit, you build safety into your life. Those who look up to you and try to mirror your actions will benefit — both your family and Air Force family. Taking the time to teach and pass along the common sense needed for good risk management is well worth it for anyone and is highly recommended."

Applying what we learn on- and off-duty, can save lives.

See **Wing**, Page 3

### The Davis-Monthan Air Force Base timeline of hours as of Monday

Squadron	Required	Flown	Annual	Squadron	Required	Flown	Annual
41st ECS	1,300.8	1,390.1	1,300.8	162nd OSB	2,010.3	2,073.6	2,135.0
43rd ECS	1,936.9	1,788.4	1,936.9	354th FS	9,796.5	9,573.8	9,891.0
55th RQS	2,880.0	2,945.7	2,880.0	357th FS	8,844.0	8,895.3	9,064.0
79th RQS	1,780.0	1,745.5	1,780.0	358th FS	8,798.0	8,754.8	9,050.0

### Minimum manning at MSS today

The 355th Mission Support Squadron will be at minimum manning today due the Air Combat Command Wingman Day. The day will be used inside the squadron working on team building and wellness. For more information, call the specific office needed.



Tax on gas

**Question:** Would you answer a question about the price of gasoline on the base for some of us who wonder why we are paying \$.44 in taxes on every gallon of gas (\$.26 state and \$.18 federal)?

Nothing else is taxed so why is gasoline not considered tax free also? Gas prices on the base are almost always just a few cents short of outside stations. Some of us would like to know why. When we lived overseas we paid no taxes on gasoline.

**Answer:** Thank you for taking the time to contact us about our gas pricing policy.

The Army and Air Force Exchange Service pricing policy for fuel is designed to offer a fair and reasonable price; it is not to lead or undercut the market.

Unlike other products we sell in the BX, we are required to pay state and local taxes on motor fuels as well as underground storage fees.

The state motor-fuel taxes and other fees paid are included in the motor-fuel price to our customers. This means our price is the same as other civilian retailers.

The AAFES surveys service stations deemed in the immediate vicinity of the base by the general manager to be the competition once a week at minimum to establish a price equal to the lowest price surveyed.

Sometimes competitors change their price after our survey, we usually catch this before opening the next day.

I hope this gives you a better understanding of the AAFES gas-pricing policy.

Maintenance of housing

**Question:** I am concerned about the upkeep of yards of houses that are boarded up in Palo Verde housing. I hear the excuse that the monsoon has caused the grass and weeds to grow. I understand that, however as a housing resident I am expected to keep my yard properly maintained on a weekly basis or risk being written up.

**Answer:** Thank you for your comments. We appreciate residents like you who take pride in your yard and are committed to being good stewards of our installation.

The monsoons were only part of the overgrown grass problem in vacant housing yards. According to our grounds maintenance contract, vacant houses are supposed to be mowed twice per month. That wasn't happening.

We identified and have fixed a communication problem between our housing office and the grounds maintenance contractor. Now, on a weekly basis, vacant housing and overgrown trees are identified to the grounds maintenance contractor who then programs that into their work schedule for the week.

Supporting each other and working together to provide the best programs and services is a goal for all D-M people. Ideas, suggestions, comments, concerns and kudos are important to make improvements. The best way to pass along a comment or to get an answer to a concern is to contact the agency chief or functional managers listed here. Still no solution? The Commander's Corner phone line is 228-4747. An e-mail can also be sent to: 355thWing.CommandersCorner@dm.af.mil. Callers must leave their name, phone number and a message. They will receive a prompt reply in writing or by telephone. We will honor caller confidentiality, but sometimes we need to contact callers to gather additional information. If a concern is of general interest to the base populace, the response may be published in the **Desert Airman**.



Photo by Airman 1st Class Christina Pierce

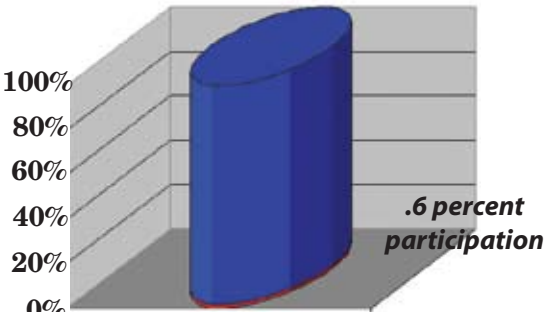
Col. Michael Spencer, 355th Wing commander, checks every part of an A-10 before take off.

Agency numbers

AAFES Agencies.....	228-3904	Inspector General.....	228-3558
Accounting and Finance.....	228-5111	Legal.....	228-6432
Chaplain.....	228-5411	Lodging.....	228-4845
Civil Engineering.....	228-3401	Military and Civilian Equal	
Clinic.....	228-2930	Opportunity Office.....	228-5509
Commissary.....	228-3116	Military Personnel.....	228-5689
Family Support.....	228-5690	Public Affairs.....	228-3204
Fitness and Sports Center.....	228-0022	Security Forces.....	228-6178
Haefner Fitness Center.....	228-3714	Services.....	228-5596
Housing Office.....	228-3687	Transportation.....	228-3584

Contribution update

The goal for the 2005 Combined Federal Campaign is for 2,972 people to participate. As of Monday, 50 participant's forms have been turned in.



Ready to deploy ...

<b>Davis-Montan:</b>	<b>355th Wing:</b>
<b>770</b>	<b>470</b>
(Approximate numbers as of Monday.)	

Desert Lightning Team Mission Spotlight



Photo by Airman 1st Class Clark Staehle

The 355th Comptroller Squadron services Davis-Monthan's military members, civilian employees and vendors. Military, civilian and travel pay matters keep 355th CPTS busy year around, but September is especially busy for the Budget and Accounting Liaison offices as they prepare to close the books on the wing's \$235 million fiscal year 2005 budget.

Staff Sgt. Brett Robinson, 355th Comptroller Squadron, helps an Airman with his financial records.



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Chief of Internal.....1st Lt. Beth Tucker  
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Air Force invites public comments on its Environmental Assessment for Military Family Housing Initiative at Davis-Monthan

The U.S. Air Force has prepared a Draft Environmental Assessment to analyze the potential impacts of implementing the Military Family Housing Privatization Initiative for Davis-Monthan Air Force Base. Under this initiative, existing military family housing units at Davis-Monthan would be conveyed to a private developer, who would demolish 936 existing housing units that no longer meet requirements, construct 609 new units, and renovate 123 existing units.

A copy of the Draft EA and Draft Finding of No Significant Impact is currently available for review at the following locations:

- ◆ Base library, 5427 East Madera St., Davis-Monthan Air Force Base, Tucson
- ◆ Tucson Public Library, Wilmot Branch, 530 North Wilmot Rd., Tucson
- ◆ Tucson Public Library, Miller Branch, 9640 East Golf Links Rd., Tucson
- ◆ Pima Association of Governments, 177 North Church Ave., #405, Tucson

For more information or to provide any comments on the analysis presented in this Draft EA, send them to the following address by Oct. 30:

355 CES/CEH  
3245 South 10th St.  
Davis-Monthan AFB, AZ 85707-4239  
ATTN: Mr. Richard Whitaker

Wing

Continued from Page 1

“We are in a dangerous business, but ensuring that we accept risk at the right level and don’t take foolish chances is key to completing those dangerous missions without mishap, and ultimately saves lives,” said Gen. Ronald Keys, Air Combat Command commander in an e-mail to commanders.

The Safety Day was established in Air Combat Command to reinforce keeping safety in mind.

“With this fiscal year drawing to a close, it is important for us to take a moment to review lessons learned and reinforce our focus on safety,” General Keys said. “As in the past, commanders will conduct at least two Safety Days during the next year; one prior to commencing fiscal year 2006 operations and another in May 2006.”

These days are in place to ensure that lessons from others are learned and that wingmen are taking care of each other.

“Safety is a personal program ... when something

goes wrong, inevitably there is a person somewhere that either made a decision or refused to make a decision that affected the outcome,” General Keys said. “During these safety days I want accountability to be a theme ... we are Airmen of courage, of commitment, of discipline and honor.”

The Safety Day will be different than those in the past.

“This will be a more focused squadron activity without the briefings,” Mr. Barnes said. “(People will) get into groups and examine past mishaps and hazards from the past six months,” Mr. Barnes said. Determine the who, what training was or was not provided, and accountability — two hazards, and top two success stories will then be presented at the end of the day to the 355th Wing commander, Col. Michael Spencer.”

The Readiness and Safety Days are aimed at training Davis-Monthan Airmen to remain focused and alive.

“In the Global War on Terrorism Airmen never know when they will be called upon by their country,” Colonel Stark said. “It is unacceptable if on that day we find ourselves unprepared to meet the challenge.”

News Notes

Welcome Home Picnic moves to Wednesday

Due to bad weather, the Welcome Home Picnic was rescheduled to Wednesday at 2:30 p.m. The picnic will be held at 79th Aircraft Maintenance Unit hangar and will have free food. The picnic is for Airmen who have deployed since Sept. 2004. Airmen are encouraged to wear the Desert Camouflage Uniform during the picnic. For more information, contact the individual unit’s first sergeant.

Inn offers rooms for Dining-In

The Inn on Davis-Monthan has rooms available for people who attend the Dining-In at The Mirage Officers’ Club today. The Inn is within walking distance from the Dining-In. To make a reservation contact the Lodging Reservation Desk at 228-3230 or 748-1500.

Community Center closure

The Desert Lightning Community Center will close Oct. 14 through 16 for facility maintenance. For more information on the closure or what maintenance the facility will receive, contact the community center at 228-3717.

Hispanic Heritage Month events through Oct. 14

In celebration of Hispanic Heritage Month, Davis-Monthan Airmen and community are invited to take part in events hosted by the D-M committee that are scheduled from September through Oct. 14 .

The following are some of the upcoming events:

- ◆ Dormitory Hispanic Heritage Picnic Oct. 7 from 5:30 to 8 p.m. at Building 3508 off 6th Street.
- ◆ Latin Fiesta Oct. 14 from 7 to 11 p.m. at the Mirage Officers’ Club.

In addition to these events, both the Dorothy Finley Child Development Center and the D-M Child Development Center will take part in a reading program called, “Vamos a leer, Lets read.” Children will be read to Oct. 3, 5, 12 and 14 at 10 a.m.

For more information on the upcoming events, contact 1st Lt. Ana Maria McMahon, D-M Hispanic Heritage committee chairperson, at 228-7178.

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Airmen were saved from the consequences of driving under the influence by the Airmen Against Drunk Driving Program since Dec. 31. Individuals interested in volunteering should contact Airman 1st Class Logan English, AADD scheduler, at 228-6674.

Call AADD at

850-2233

Friday and Saturday from 11 p.m. to 4 a.m. For more information regarding AADD, see the Web site <https://aadd> on the D-M intranet.

Emergency Numbers

Ambulance/ Fire Reporting.....	911	Base Operations.....	228-4315
Casualty Assistance.....	228-3686	Mortuary Officer.....	228-5964 or 4414
(After duty hours).....	228-3121	Command Post.....	228-7400
Duty Chaplain.....	228-5411	355th Security Forces Crime Stop.....	228-4444
(After duty hours).....	228-3517	Safety.....	228-5558
Public Affairs.....	228-3204	(After duty hours).....	909-0316
(After duty hours).....	228-7400	Base locator.....	228-3347
Fraud Waste and Abuse.....	228-3177	TIPS Line.....	228-TIPS (8477)

Terrorism history

Sept. 26,1976, Abu Nidal terrorists seized the Semiramis Hotel in Damascus, taking 90 hostages. Four hostages and all of the terrorists were killed in a subsequent gunfight, and 34 hostages were injured.





Photos by Airman 1st Class Jesse Shipps

*Tucson city firefighters give aid to 2nd Lt. Daniel Niederhauser, 355th Civil Engineer Squadron, after his simulated EC-130 crashed during a Major Accident Response Exercise just outside of Davis-Monthan Air Force Base Sept. 16.*

# Davis-Monthan, city test emergency responses

**By 1st Lt. Beth Tucker**  
355th Wing Public Affairs

The leadership of Davis-Monthan and city officials tested the emergency-response procedures and skills Sept. 16 with a no-notice Major Accident Response Exercise.

"It is easy to get settled into our day-to-day patterns and let the idea of our training and readiness to respond to an emergency slip from our minds," said Lt. Col. Scott Stark, 355th Wing inspections chief. "Testing our ability to respond is the best way to ensure we have the skills, training and planning in place to react to anything that may happen."

The last MARE was held at Davis-Monthan March 11.

However, this MARE was different because it included actual response of agencies with role-players and live scenarios for Airmen to test situational awareness and applying previous training.

The scenario presented was an EC-130 aircraft that crashed just south of Davis-Monthan Air Force Base, outside the base gates.

"We tested our working relationships first-hand with the Tucson Police Department and Tucson Fire Department," Colonel Stark said. "This was a great opportunity for us to improve the intraoperatively between city and base agencies. Every decision and aspect of the ex-

ercise was implemented to maximize training effectiveness."

Working with the partnerships between Davis-Monthan Airmen and city organizations, the exercise demonstrated an outstanding communication and partnership plan starting with the first responders through the clean up of hazardous materials.

The plan for response to a real-world emergency rests in the base's Full Spectrum Threat Response Plan.

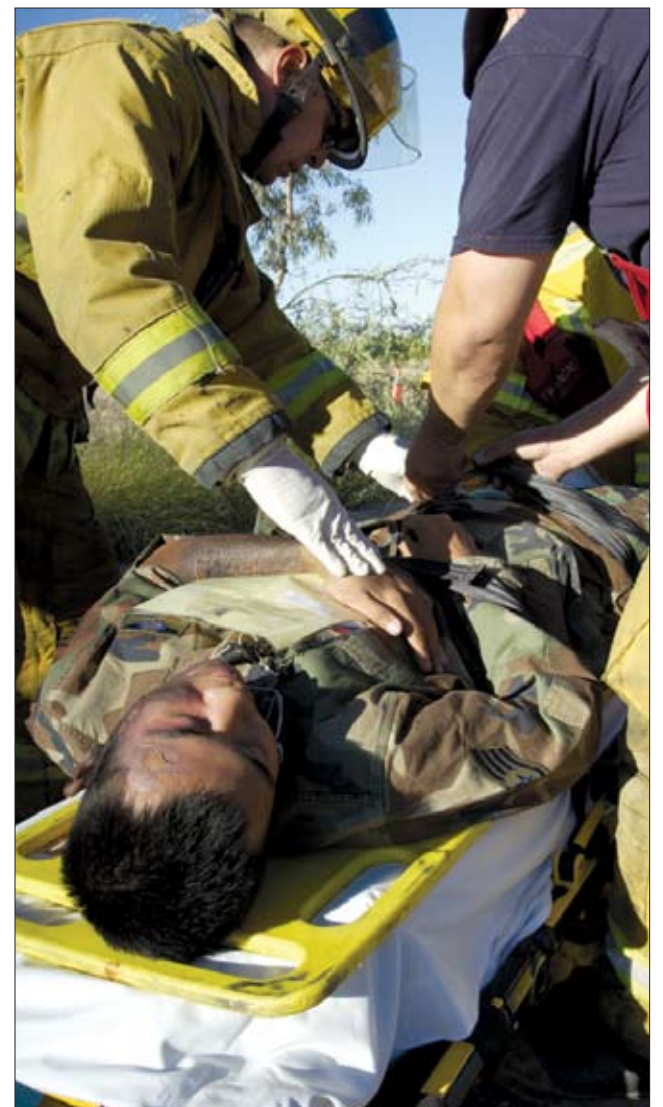
The FSTR covers the responsibilities of every possibility of an emergency response. Coordinating Disaster Control Group checklists for every agency supplement the plan ensuring every step is taken to properly respond.

This exercise started by testing the notifications process of an in-flight emergency through the tower to base operations, the D-M fire department and the command post.

The Disaster Control Group was also notified and recalled.

After more than two solid months of planning by senior leaders and the Exercise Evaluation Team, the outcome for the MARE was positive.

"The base fully demonstrated the ability to handle a significant major accident with rapid response," Colonel Stark said. "There are always going to be areas that can use improvement, and this gave us the opportunity to identify those and develop them before we need them for a real-world emergency."



*Tucson city firefighters treat Airman Narongrit Suksangplank with simulated burn wounds after removing him from the EC-130 during a Major Accident Response Exercise Sept. 16 off-base. Airman Suksangplank is assigned to the 355th Civil Engineer Squadron.*

# Tucson Mentoring Program

*Davis-Monthan provides responsible adults to help community youth in trouble*

**By 1st Lt. Beth Tucker**  
*355th Wing Public Affairs*

Airmen come from all walks of life. Those life situations and current successes as responsible adults are lessons youth in Southern Arizona are seeking out.

“Many of us can relate in some way to these youths’ problems,” said Staff Sgt. Ron D’Andrea, 355th Wing protocol and Tucson Mentoring Program volunteer coordinator. “But we are now in the position that we can say ‘look what I’ve done with my life,’ and you can do it too.”

With two of D-M’s community partners, the Pima County Juvenile Court and the Reading Seed Program, Airmen from all walks of life will set out to mentor youth and be a positive and caring influence on a troubled youth’s life.

“Everyone wants to know that there is someone out there who cares about them,” said Sergeant D’Andrea. “These youth want to know that someone truly wants to be there for them, not because they are being paid to do so, but they are there because they care about their future and to help them achieve more in life.”

The Tucson Mentoring Program currently has 119 participants from Davis-Monthan preparing to give youth “an avenue to excel and become responsible members of society when otherwise they may have no other means,” said Staff Sgt. Jessica Schmidt, 355th Wing command section and volunteer coordinator at Davis-Monthan.

Volunteers are matched up with a youth while they are serving their time in the detention center. Each youth and volunteer signs a six-month commitment to being a part of the program.

Airmen from D-M will be positive mentors through face to face or over the phone mentoring, training and providing reading skills through the Reading Seed Program, as well as providing administrative assistance for the program coordinators.

Every volunteer is fully armed with the skills required to help make an influence on these youths’ lives. Extensive training starts with a mandatory introductory brief, a four hour training and a two-hour Reading Seed training session. The four-hour training covers topics such as troubled youth and adolescent development, “The 5 Essential Life Skills,” working with the court team and mentoring

opportunities and processes.

“There are many different means of volunteering with this program,” Sergeant D’Andrea said.

More volunteers are always welcome to join, Sergeant Schmidt said. “Volunteers can be anyone over the age of 18. Spouses and civilians are more than welcome,” Sergeant Schmidt said. “Background paperwork must be completed and approved before training and mentoring can begin.”

The first event and interaction between D-M volunteers and youth currently at the detention center was Saturday.

“We brought pizza and did ice breakers to get everyone excited about why we are there,” Sergeant D’Andrea said. “Everyone has to be comfortable with the situation for a positive environment.”

The volunteers of the program are looking forward to completing training and making a difference in someone else’s life.

“You are helping out a kid and showing them that the path they are going down can be changed,” said Senior Airman Ramiro Villalobos, 55th Rescue Squadron aircrew life-support technician and a Tucson Mentoring Program volunteer. “Our kids are our future of this country. It’s an awesome opportunity to help out.”



# CRIME & Punishment

The following are some of the incidents the 355th Security Forces Squadron handled for the period of Sept. 1 through 15.

**Driving under the influence: civilian**

Installation Entry Security Personnel notified the Security Forces Control Center a vehicle attempted to park within the Visitor Control Center parking lot. The vehicle operator was experiencing difficulty. Security Forces responded and contacted the subject. The subject had a strong odor of alcohol and poor motor skills. Tucson Police Department responded and conducted field sobriety test on the subject. She failed all portions. Tucson police arrested the subject and transported her to Pima County Jail.

**Driving under the influence: civilian**

Installation Entry Security Personnel notified the SFCC they had stopped a civilian for suspected DUI. Security Force investigation revealed the subjects had a strong odor of alcohol. Tucson Police and Security Forces conducted a search of the subject's vehicle and discovered cocaine and open alcohol containers. One of the subjects could not provide proper identification. Border Patrol was contacted. Border Patrol took custody of the subject and transported them to their facility for further processing. Tucson Police arrested the remaining subjects and

transported them to Pima County Jail.

**Driving under the influence: military**

Installation Entry Security Personnel notified the SFCC they had stopped an airman first class assigned to the 355th Component Maintenance Squadron for suspected DUI. Security Forces investigation revealed the subject had bloodshot eyes and an odor of alcohol. The subject failed the field sobriety test. He was detained and transported to the medical facility to have blood withdrawn. Individual was released to his first sergeant.

**Patrol response: domestic disturbance**

An staff sergeant notified the SFCC he had assaulted his estranged wife and her boyfriend. Investigation revealed the boyfriend confronted the sergeant concerning a display of affection toward the wife. When confronted, the sergeant struck the boyfriend.

**Patrol response: domestic disturbance**

Tucson Police arrested a dependent of a senior airman assigned to the 755th Aircraft Maintenance Squadron for disorderly conduct and domestic assault against the airman. Investigation revealed the subject assaulted the airman when he attempted to confront the subject concerning her behavior.

**Patrol response: theft**

Army and Air Force Exchange Services store

detectives notified the SFCC they had detained a dependent of a technical sergeant assigned to the Air National Guard for possible theft. Investigation revealed the subject attempted to remove \$55 worth of food items without rendering payment. Tucson Police responded and arrested the subject for theft.

**Underage drinking: military**

A Security Forces patrol stopped two individuals for possible underage drinking. Investigation revealed an airman first class assigned to the 355th Maintenance Operations Squadron and an airman assigned to the 355th Aircraft Maintenance Squadron had a strong odor of alcohol, slurred speech and bloodshot eyes. Both individuals could not properly complete the breath test analysis test and were transported to the medical facility to have blood withdrawn. Investigation is on going.

**Traffic tickets issued:**

(Sept. 1 through 15)

- ◆ Speeding: 53
- ◆ Using a cell phone while operating a vehicle: 2
- ◆ Failure to stop: 20





A Davis-Monthan Air Force Base Elite Honor Guard member places a Prisoner of War/Missing In Action wreath on the 355th Wing's flag post in honor of POW/MIAs. The wreath is placed at the POW/MIA memorial at the base of the flag pole.



Photos by Staff Sgt. Lanie McNeal

# POW

Continued from Page 1

The service from both members can never be forgotten.”

Colonel Isherwood said that it was not only the POWs and MIAs that have earned admiration.

“As much as I admire those who’ve served as POWs and those who’ve been missing ... I admire even more their families,” Colonel Isherwood said. “The wives and children ... husbands and parents ... they endure the hardest cruelty there is ... the pain of the unknown. The uncertainty. I think of those families of the 15 Airmen still missing from the second World War. Not weeks ... not years ... but decades of pain. To these families ... I offer this wing’s deepest prayers and most enduring hope.”

During the ceremony, Lew Sleeper, a prisoner of war from World War II, shared his story.

“Lew Sleeper served as a B-17 gunner in the 8th and later in the 15th Army Air Corps during World War II,” Colonel Isherwood said. “He was shot down on his eighth mission and became a German prisoner of war. He understands all too well the meaning of minute-to-minute existence. After his release and return to the states, he was given a medical discharge for injuries sustained in combat. (Mr. Sleeper) then finished his high school education and then went on to obtain a bachelor of business from the University of Michigan. He has enjoyed a successful business career, retiring as the vice president of Guardian Life Insurance Company of America. He now serves as American Red Cross National Disaster volunteer and as an officer in the Southern Arizona American Prisoner of War organization.”

## Never forgotten ...

### A POW shares story with D-M Airmen, community

*(Editor’s note: During the National Prisoner of War and Missing in Action Recognition Day ceremony Sept. 16, Lew Sleeper, a POW from World War II shared his story. Below is his personal story shared to the Airmen at Davis-Monthan Air Force Base.)*

“To never be forgotten for me are the 142,000 ex-POWs from all wars, including the 130,201 from my war, and the five of our 10 man crew of our B-17 who lost their lives when we were shot down.

“We had a direct hit by anti-aircraft in the number three engine, the plane was

on fire, and I had about 15 seconds to drop my flak vest, tear off my oxygen mask, and hook on the left side of my parachute pack when the plane exploded and I was knocked unconscious and blown clear.

“When I regained consciousness, I pulled the rip cord with only one side hooked and almost immediately hit the ground with such tremendous force that I was knocked unconscious again, waking up a prisoner of war. We didn’t have smart bombs in World War II.

“Eighteen of us were enlisted men, and having been shot down over Ploesti oil field in Romania, were taken to Bucha-

rest, put in building with bars on the windows and a big Red Cross on the roof only two blocks from the third largest railroad yards in Europe.

“The Germans hoped that the allies would not bomb the yards if told we were so close. It didn’t work. We saw these black dots in the distance ... we were directly hit by a 500 pound bomb ... this continued for months, and I must confess, the stress took its (Post-Traumatic Stress Disorder) on me.

“But, I ask for no sympathy.

“My wife and I are now enjoying the best years of our lives in large part due to the American Ex-POW organization.”

After sharing his story (inset), Mr. Sleeper said, “last April I was honored by Col. Michael Spencer, (355th Wing commander), and Lt. Col. John Massee, (355th Wing chief of safety), to participate in Meet a Hero during the air show. I was so impressed with the positive attitude of the Iraq veterans. In spite of all the grumbling of the media, they were entirely upbeat. You are a strong, well-trained, positive-thinking military

Air Force, and this attitude will make you win.”

Mr. Sleeper said that he also thanked those who are currently serving.

“When I meet many of you here on the base, and you see my POW license plates you come up to me and say ‘thank you,’” Mr. Sleeper said. “Well, I thank you Air Force men and women for now protecting me as you apply your motto, ‘To fly, fight and win.’”





Photo by Staff Sgt. Matthew Lohr

## Base theater re-opens

(From left to right) Kevin Almquist from SUNDT Construction, Inc., Elaine Guinzy, 355th Services Squadron, Joe Crawshaw, Army and Air Force Exchange Services food court and concessionaire manager, and Col. Cesar Rodriguez, 355th Mission Support Group commander, get help from Joseph Cavalieri, son of Tech. Sgt. Mike Cavalieri, 563rd Maintenance Squadron, during a ribbon-cutting ceremony for the re-opening of the base theater. The six-month \$1,010,000 project paid for renovations on the men's and women's restrooms, an expansion of the lobby, a new concession area, a covered arcade, sidewalk with night lighting and much more.

## Pay rules change for GS employees

**RANDOLPH AIR FORCE BASE, Texas** — The Office of Personnel Management recently amended the rules governing pay setting for employees covered by the General Schedule. The rules implement section 301 of the Federal Workforce Flexibility Act of 2004.

The act's primary purpose is to correct various pay anomalies relating to the administration of special rates, locality rates and retained rates.

The new rules now treat locality rates and special rates in a consistent way, resulting in pay rules that are more rational and fair, according to OPM officials. Also, because the act became effective May 1, the new pay administration rules must be made effective retroactive to that date.

A few of the key changes made by the act and OPM's regulations, and some of their resulting impact to the workforce include:

◆ Locality rate (basic pay plus locality pay), instead of just basic pay, is now considered in applying various pay-setting rules such as maximum payable rate, promotion and pay retention. As a result, non-GS employees moving to GS positions may be set in a lower step and fewer ac-

tions will result in pay retention since locality rate is higher than basic pay.

◆ Locality rates will be taken into account when applying pay retention rules. Locality pay will no longer be paid on top of a retained rate. Retained rates will be compared to the highest applicable rate range (as adjusted to include any locality or special rate supplement).

Entitlement to a special salary rate ceases if the employee is entitled to a higher locality rate. As a result, even though an employee receives the same total salary, the base rate is less and full locality is paid. Since retention allowances approved prior to May 1 were computed as a percentage of an underlying special salary rate rather than the underlying basic rate, the amount of any retention allowance will also be reduced when the special rate entitlement ceases. The reduction of retention allowances is not subject to appeal.

More information on the new pay administration rules is available at [www.opm.gov/oca/compmemo/2005/2005-10.asp](http://www.opm.gov/oca/compmemo/2005/2005-10.asp). Employees with questions should contact their local civilian personnel office.

(Information courtesy of Air Force Print News.)

# Medical field show similarities to AF commitment

By Lt. Col. Gary Hurwitz

355th Aerospace Medicine Squadron commander

It really wasn't until I became a squadron commander that I realized the numerous similarities between the 'routine' practice of emergency medicine and military operations.

The emergency room is a wonderfully exciting place to work; despite being frequently hectic, and physically and emotionally exhausting (sound familiar?).

A smooth medical operation is critically dependent on a vast number of personnel. While the skill levels are quite varied, the contributions of each member cannot be overstated. For example, an efficient trauma or cardiac resuscitation does not occur in a functional vacuum.

There also exists a functional chain of command within the emergency department. Team leaders (e.g. charge nurses, physicians, etc.) direct personnel in such a manner as to ensure the simultaneous accomplishment of multiple tasks. Success demands strict adherence to attention to detail.

The team can fail and the patient die if a single individual becomes complacent or allows mediocrity to encroach into their work ethic.

The parallels between emergency medicine and military operations are relatively easy to recognize. Both organizations have a mission statement and the incorporation of certain principles which guide one's performance (e.g. "standards of care," or "core values"). There are even overarching philosophical "truths" on which to govern one's actions, such as "Do no harm," or "Duty, honor and country."

While the similarities are readily apparent, it is the differences which influence the military member (be it medic, mechanic, personnelist, etc.) to choose an Air Force career over a civilian equivalent.

These differences motivate each one of us to accept the emotional pain of extended family separations, potential financial sacrifices, and the risks to personal health inherent with high-

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**“While patriotism and a sense of adventure stir many to enlist and serve our country, I suspect it is job satisfaction which inspires most to stay.”**

— Lt. Col. Gary Hurwitz, 355th Aerospace Medicine Squadron commander

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risk occupations; especially now, with increased exposure to combat operations for all career fields.

It's widely recognized that it's not just the pilot, the pararescueman or the combat controller, who can anticipate being engaged in duties that pose an intensely "real and present danger."

My recent return from a "visit" to Southwest Asia reaffirmed these realities and the uniqueness (and attraction) to Air Force life. There are no words to adequately describe the hardship we experience by being on temporary duty when significant events occur back home (e.g. birth of a child, a graduation from high school, or the death of a family member).

I doubt many members of the civilian community can appreciate the concept of esprit de corps, or the devotion to duty and the loyalty exhibited when a life is sacrificed for another.

While patriotism and a sense of adventure stir many to enlist and serve our country, I suspect it is job satisfaction which inspires most to stay.

Perhaps a question worth pondering then is "what generates job satisfaction?" That is, how

do we motivate ourselves and each other to obtain, and then retain, satisfaction in our chosen military profession? While I am confident there are some universal motivating factors, I will share my personal thoughts and experiences.

First and foremost, personal happiness and contentment must coexist. I seek to obtain this through a balance of spiritual, mental/intellectual and physical health.

As is true in the E.R., the days I feel I make a difference are the days I go home with a sense of accomplishment and satisfaction (despite being physically exhausted and emotionally drained); which then motivates me to return to work the next day (hopefully with a smile on my face).

Without job satisfaction, I would struggle to find happiness or contentment in my professional life, and my work would rapidly become a tiresome grind.

Unity of purpose, that is working as a team for a common goal, bound to one another with a sense of duty and loyalty, has encouraged me to persevere on many occasions; especially on those long deployments when it is easy to fall prey to the "Groundhog's Day" mentality.

Combine a sense of monotony with a lack of satisfaction in one's job, and mediocre work performance and/or mishaps are sure to occur.

While many similarities exist between civilian emergency medicine and military medicine, it is definitely the differences which most strongly influence my decision to stay.

Tragically, I have attended numerous memorial services since Sept. 11, 2001. Some were for friends of many years and others for heroes I hardly knew. At every ceremony, I reflect on my own decision to serve, and what we should do to honor their memories. I repeatedly arrive at the same conclusions.

We honor our fallen brethren with our presence, with the tears we shed, and with the salutes we render. But most of all, we honor them with our continued service, and on-going commitment to "duty, honor, and country."



Final Answer

Why did you join the Air Force?



**Staff Sgt.  
Chester Robbins**  
*355th Logistics  
Readiness Squadron*

“I joined the Air Force to see the world.”



**Staff Sgt.  
Teri Parent**  
*355th Operations  
Support Squadron*

“I joined the Air Force to work on jets.”



**Tech. Sgt.  
Julie Frisby**  
*12th Information  
Warfare Flight*

“I joined the Air Force to get an education and serve my country. My dad was military, so I’m following in his footsteps.”



**Airman 1st Class  
Jeff Wasson**  
*355th Operations  
Support Squadron*

“I’m a third generation servicemember. It seemed like the right thing to do and get paid at the same time.”



**Master Sgt.  
Mike Brownfield**  
*563rd Maintenance  
Squadron*

“It’s a great way of life. I came from a military family. I think the camaraderie as well as being a part of a family is important.”



**Senior Master Sgt.  
James Barney**  
*355th Equipment  
Maintenance Squadron*

“I’ve always loved airplanes since I was a little kid. I wanted to travel a little bit, so I joined the Air Force.”

Free camp  
available for youth

A free camp for youth ages 9 to 12 years will be held Oct. 13 through 16 by many sponsors throughout the city of Tucson.  
Drug Education for Youth camps are filled with fun activities that foster leadership development,

team building, alternative activities and anti-drug programs. For more information and to find out which neighborhoods are eligible, call Marcia Roberts at the Tucson Police Department before Oct. 1, at 791-4806 ext. 1018.

# Partnerships with base, Boy Scouts builds campground

**By Airman 1st Class Clark Staehle**  
*355th Wing Public Affairs*

A new campsite opened Sept. 15 here for Airmen and their families to use.

Camp Lightning is located just past the 355th Security Forces Squadron Military Working Dog kennels on Yuma Road.

Volunteers broke ground on the \$15,000 campsite June 4. The campground is comprised of six, 64 square-foot camping pads. Boy Scouts from Troop 784 and other volunteers from D-M worked more than 500 hours during nights and weekends to complete the project.

“They have done a phenomenal job of putting the campsite together,” said Lt. Col. Dave Carrell, 355th Mission Support Group deputy commander. “There is now a world-class ramada, six tent pads, grills with running water next to them and a concrete bonfire pit.”

Two boys from Boy Scout Troop 784; Matt Fecke, son of Capt. Eric Trismen, U.S. Southern Air Forces, and James Fraser, son of Master Sgt. James Fraser, 355th Civil Engineer Squadron, built the campground as a part of their Eagle Scout promotion.

Working in coordination with the 355th Services Squadron for approval of the project and the 355th Civil Engineer Squadron to obtain funding through Self Help, the site is a

culmination of many partnerships and volunteers around the base.

“We received a lot of support from a lot of volunteers throughout the base,” said Captain Trismen, one of the adult volunteers for the project. “(The civil engineer squadron) was extremely important as they were able to provide the technical expertise for the project. We also had various fundraisers throughout the year, in support of troop activities and the base community was very supportive. We received a lot of support from volunteers throughout the base.”

“This new camping area will be a great (place) for squadrons and groups to socialize,” Colonel Carrell said.

Camp Lightning will be run by the 355th Services Squadron Outdoor Recreation Office, located in Building 4430. Reservations for the campsite require a \$50 refundable deposit. For more information, call 228-3736.

The two Boy Scouts initiated and completed the project as a joint Eagle Scout project.

All scouts must complete a project to achieve the rank of Eagle Scout. Troop 784 is chartered by D-M’s Top 3 organization. Eagle Scout projects generally contribute back to the chartering organization.

“It’s something they’ve both worked toward since they were quite young,” Captain Trismen said. “They’ve made something useful for all

organizations and families with access to D-M. And as more scouts within the troop advance, this campground will see more improvements.”



Courtesy photo

*Senior Master Sgt. Luther Eubanks, 41st Electronic Combat Squadron (left), and Master Sgt. James Fraser, 355th Civil Engineer Squadron (right), show Ben Fraser, son of Sergeant Fraser, how to ensure the wet concrete is even and smooth. The square is one of the corners of the new pavilion the Boy Scouts built at the campsite.*



Airmen join CDC 90s club

Congratulations to the following Airmen who scored a 90 percent or better on their Career Development Course exams:

**25th Operational Weather Squadron:** Airman Ryan Sanford, Airman 1st Class Geoffrey Davies, Airman 1st Class William Price, Staff Sgt. Matthew Divilbiss, Staff Sgt. Phillip Erickson, Tech. Sgt. Brian Jones and Tech. Sgt. Eric Twitty; **41st Electronic Combat Squadron:** Staff Sgt. Joshua McCulloch; **355th Aircraft Maintenance Squadron:** Airman 1st Class Orlando Blac and Airman 1st Class Jonathan Nichols; **355th Civil Engineer Squadron:** Airman 1st Class Matthew Simmons and Airman 1st Class Charles Surratt; **355th Equipment Maintenance Squadron:** Airman Jason Carter and Airman 1st Class Jeffrey Roberts; **563rd Maintenance Squadron:** Airman 1st Class Jerry Lockwood and Senior Airman Shawn Drak; **612th Air Communications Squadron:** Airman Mark Meister; **612th Air Intelligence Squadron:** Airman Krystal McKenney; **755th Aircraft Maintenance Squadron:** Senior Airman John Campbell and Senior Airman Alexander Hernandez.



Sonoran Spotlight

*(Editor’s note: Sonoran Spotlight is a weekly feature of the **Desert Airman** that profiles a member — officer, enlisted or civilian — of Davis-Monthan Air Force Base.)*



Photo by Airman 1st Class Clark Staehle

*This week’s Sonoran Spotlight is Senior Airman Ron Jensen, 355th Communications Squadron. Airman Jensen is a communications and computer systems planning and implementation project manager.*

*According to his flight commander, Capt. Ernesto Chavez, he was nominated for the spotlight because, “he is the gel that holds the superb relationship between the 355th CS and 355th Civil Engineer Squadron.”*

*The following are Airman Jensen’s responses to a variety of questions.*

**Best aspects of the job:** Meeting and working with the people on base.

**Career goals:** Obtain my Community College of the Air Force associate’s degree as well as a bachelor’s degree in architectural engineering.

**Hobbies, outside activities:** Spending time with my wife Natalie and our dog Rue Rue.

**What do you like best about D-M:** Definitely the people.

**What is the best advice you’ve received in the Air Force?** Take what you can get from the Air Force because it will take what it can from you.

**Name someone who inspires you (or that you admire) and why:** (Ret.) Chief Master Sgt. Keith Cobb because his passion for people is truly inspiring.

**If you were an Air Force recruiter, what would you tell people?** The Air Force takes very good care of those who serve.







355th Services Squadron - Davis-Monthan AFB, AZ.

Davis-Monthan  
**SERVICES**

# SAM'S NOTES

Volume 3, Issue 9

Supplement to the Desert Airman

Sept. 23, 2005

## Services News Briefs

### Car & Motorcycle Show Registration

Registration is now open for the 2nd Annual Car And Motorcycle Show on Oct. 29, 2005, at Bama Park. This year's event will be bigger than ever with 21 classes of vehicles including cars, trucks, and motorcycles. Trophies will be given for best in each class and for best of show in three categories. Registration forms are available at the Auto Hobby Shop or you can download your form online at [www.dmservicesonline.com](http://www.dmservicesonline.com). Completed and signed entry forms must be brought in or mailed to the D-M Auto Hobby Shop (see form for details). For more information visit the above website or stop by the Auto Hobby Shop in Bldg 4531, or call 228-3614 or 228-4930.

### Fitness Instructor Workshops

The D-M Fitness and Sports Center will host three instructor workshops from Sept. 30 to Oct. 2, 2005. Participants can choose from the following instructor workshops:

- ◆ Primary Group Exercise Instructor, Sept. 30, 5 p.m. to 9 p.m., Oct. 1, 9 a.m. to noon
- ◆ Aqua Aerobic Exercise Instructor, Oct. 1, 1 p.m. to 6 p.m.
- ◆ Basic Mat Pilates Instructor, Oct. 2, 9 a.m. to 6 p.m.

All workshops are taught by certified National Aerobics and Fitness Trainers. The NAFTA organization is a leader in fitness instructor education and the largest provider of continuing education credits (CECs) for group exercise instructors, aquatic professionals and personal trainers offering cutting-edge certifications, workshops and instructor videos.

Each workshop costs only \$99 and includes all instruction and examination fees. These workshops offer AFAA, ACE or NAFTA CEUs. Instructor manuals are an additional \$50 each. At the conclusion of each class, participants will take both a written and practical exam and will receive results within four weeks.

The registration deadline has been extended to Sept. 26. To register, all participants must call Sherry Morton, NAFTA workshop representative toll free at 1-800-925-6403. SSgt Ramona Gantz at the Fitness Center can also provide information at 228-0022.

## Double the fun at this year's Oktoberfest celebrations

The Desert Lightning Community Center, The Desert Oasis Enlisted Club and The Mirage Officers' Club will host this year's Oktoberfest celebrations on Friday, Oct. 7, at both D-M clubs.

The Desert Lightning Community Center's annual Southwest Oktoberfest and Family Teen Talent Show will be held at the Desert Oasis Club from 4:30 p.m. to 9:30 p.m. Enjoy a festive Oktoberfest atmosphere along with fun events like log cutting, cow milking, nail hammering, cup stacking, squadron bed races, and more. Test your tire changing skills in the new "Pit Stop Challenge".

There will be a band for your enjoyment as well as prizes and games. Fest-goers can purchase food and beverages during the event. Local sponsors will be on hand with free giveaways and to answer questions. Entry to the fest is free.

The Family & Teen Talent Show begins at 5:30 p.m. D-M families and teens will perform in the annual talent show to see who will compete at the ACC level.

The Traditional German Oktoberfest Dinner & Celebration starts at The Mirage Officer's Club at 5 p.m. Enjoy the best German food this side of the Rhein. Dance and sing along with the famous Norm Siess band! There will be lots of fun throughout the evening including door prizes, German

beer specials, and more! Cost is \$14.95 (members receive a \$2 discount). Cost for children ages 6-12 is \$5.95. Free for children 5 and under.

All D-M personnel, families, and guests, are invited. For more information on the Community Center's Oktoberfest at the Desert Oasis, call 228-3500. For information on The Mirage Oktoberfest, call 228-3301.



Courtesy Photo

Participants of the 2004 Oktoberfest dine on authentic German cuisine at The Mirage. Guests included Col. Michael Spencer, 355th Wing Commander, Dorothy Finley, D-M 50 member, and over a 150 others celebrating the international tradition.



## Get your beds ready!



The 2005 Squadron Bed Race will kick off on Oct. 7 at 6 p.m. during the Oktoberfest at The Desert Oasis. The top three winners will take home a share of over \$1,500 in cash, club credit certificates, prizes, and trophies. Squadron bed race representatives must register their teams and pay the \$25 team fee or \$5 per person entry fee at the Community Center by Oct. 4. For more information call 228-3500.

Left: Members of the British Royal Air Force get ready to race their bed through the obstacle course at last year's Southwest Oktoberfest & Bedrace.



Courtesy Photo

## Football Frenzy at the Desert Oasis

Every Monday Night club members at the Desert Oasis are taking home hundreds in prizes and Football Frenzy giveaways including authentic NFL gifts, sponsor gifts, and AZ Cardinals home game tickets. New this year; win Frenzy Five coupons that can be spent like cash at the club!

In addition to being treated to a great game on nine screens, customers can enjoy drink specials like our “beer in a bucket” with five Miller Lite bottles in a bucket for just \$10. There’s also Miller Lite \$4 pitchers and \$1 drafts (12oz), or you can bring your own mug and get a beer for just \$2 or soda for \$1 (up to 32oz). Food specials include \$1 hot dogs, \$1.50 hamburgers, or a half-dozen hot wings for \$2 or a dozen for \$3.50.

Some lucky D-M fans could one of three grand prize trips for two to an NFL game, the Super Bowl, or the Pro Bowl. Trips include entry into the game, airline tickets, rental car, and hotel accommodations, all for free! Chances of winning increase with every Football Frenzy game attended.

D-M Football Frenzy at the Desert Oasis is open to all ranks and is a member’s only promotion. To get in on this year’s Football Frenzy fun and prizes, stop by the Desert Oasis or Mirage and ask about club membership. It pays to be a member! Doors open at 4 p.m., games start at 6 p.m. For more information call 228-3100.

### Buy lunch and win \$50!

Don’t waste your time, money, and gas going off-base for lunch! Have lunch at either Cabanas (Desert Oasis), the Eagles Nest (Golf Course), Head Pin Café (Bowling Center), The Mirage Officers’ Club, or Stormy’s Café (Community Center) and enter your receipt for a chance to win \$50! Drawings are held every week. Winner will be notified by phone. Prizes must be claimed within 24 hours. For more information call 228-5950.



## D-M Youth Center

### 4-H Week at the D-M Youth Center

The D-M Youth Center will host National 4-H Week from Oct. 4-6. National 4-H week welcomes you to connect with the 4-H community where young people across America are learning leadership, citizenship, and life skills. The 4-H clover represents the Head, Heart, Hands and Health and is recognized as a trusted framework for excellence in positive youth development. The 4-H program welcomes all young people to participate in a “learning-by-doing” environment where they are able to actively participate in hands-on experiences and make a lasting impact in their community.

Activities for D-M 4-H week:

- ◆ Tue., Oct. 4, 6-7 p.m., Preteen Team Building Activities (ages 9-12)
- ◆ Wed., Oct. 5, 6-7 p.m., Primary Mini Skill-A-Thon (age 5-8)
- ◆ Thur., Oct. 6 & 13, 7-8:30 p.m., Teen Build a Bridge (ages 13-18)

Activities will be held at the Youth Center and are free for all ages. For more information, please call 228-8373 or stop by the Youth Center in Bldg. 6000.





Services Information

**Tucson Entertainment Books at ITT**  
The Information, Tickets and Tours Office has 2006 Tucson Entertainment Books for \$35 each. Receive thousands of dollars in local savings and thousands in travel savings with hundreds of discounts on restaurant, shopping and services, sports, attractions, movie ticket discounts, and hotel rates. To get your book, visit ITT in Bldg. 4430.

**Southern AZ. Attraction Passports**  
ITT has received the new Southern Arizona Attraction Passports. Travel the region with your passport and enjoy 50 fantastic two-for-one offers and discounts at Southern Arizona attractions, a \$400 value for only \$15. The passport is good through Sept. 15, 2006.

**Legoland Special**  
For a limited time only, buy one Legoland (Calif.) ticket at ITT for \$33 and receive a second ticket for free. Tickets expire on Nov. 14, 2005.

**San Diego Zoo October Specials**  
The San Diego Zoo offers ‘Kids Free Days’ starting Oct. 1-31, 2005. Children (ages 3-11 yrs) visiting the San Diego Zoo during this period receive free general admission. The San Diego

Zoo features ‘Founders Day’ October 3, 2005. All guests visiting the zoo on that day receive free general admission. For more information call 619-234-3153.

**Anheuser-Busch Hero Salute**  
Anheuser-Busch Adventure Parks (Seaworld, Busch Gardens, Sesame Place) still offer free admission to active duty military, active members of a reserve or National Guard unit, and up to three direct dependents. To register or for more info, go online to [www.herosalute.com](http://www.herosalute.com). Complimentary admission is offered through Dec. 31, 2005 and can only be used once.

**Colossal Cave Ladder Tour - 1 Oct**  
See areas of Colossal Cave not open to the public since the 1950s. Your hour and a half guided tour will visit an exquisitely beautiful, partially improved area of Colossal Cave. Participants will be provided hard hats and lights and must be ready to climb and clamber. Afterwards enjoy a delicious southwestern meal outside under the stars (weather permitting). Open to everyone 12 or older. Van leaves the Outdoor Recreation parking lot, Bldg 4430, at 4 p.m. and departs back for D-M at approx, 8:30 p.m. Register at ODR by Sept. 27. Cost is \$57 per person. For more information call 228-3717.

**San Diego Deep Sea Fishing**  
Enjoy a weekend getaway to San Diego for some deep sea fishing Oct. 21-23. Cost is \$220 per person and includes hotel for two nights, all equipment and your fishing license. Meals are not included; however, the boat has a kitchen with meals, snacks, and drinks you may purchase. Restaurants are located near the hotel. Each person may bring one soft sided lunch cooler for snacks or water to carry on the boat. Van leaves ODR at 9 a.m. on Oct. 21 and departs for D-M at 9 a.m. on Oct 23. Register at ODR by Oct. 3.

For more information on the above trips, tours, and services, call ITT at 228-3700 or ODR at 228-3736. Both ITT and ODR are located in Bldg. 4430 (across from the Blanchard Golf Course).

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**Editorial Staff**

Chris Sweeney.....Writer/Editor

Brian Anthis.....Graphics Artist/Illustrator





## Rules, procedures of the mess, toasts for Dining In

Today, the Dining-In honors the many traditions of the Air Force. For centuries, feasts to honor military victories and individual and unit achievements have been a custom.

While this information is also provided in the program for participants today, a good knowledge of the information will help Airmen enjoy the evening to the fullest, as stated in rule number 20.

## Rules of the Mess

1. Thou shalt arrive within ten minutes of the appointed hour.
2. Thou shalt make every effort to meet all guests.
3. Thou shalt move to the mess when thee hears the chimes and remain standing until seated by the president.
4. Thou shalt not bring cocktails or lighted smoking material into the mess.
5. Thou shalt smoke only when the smoking lamp is lit.
6. Thou shalt not leave the mess whilst convened. Military protocol overrides all calls of nature.
7. Thou shalt participate in all toasts unless thyself or thy group is honored with a toast. (See toasts and responses below.)
8. Thou shalt ensure that they glass is always charged when toasting.
9. Thou shalt keep toasts and com-

ments within the limits of good taste and mutual respect. Degrading or insulting remarks will be frowned upon by the membership. However, good natured needling is encouraged.

10. Thou shalt not murder the Queen's English.
11. Thou shalt not open the hanger doors (talk about work).
12. Thou shalt always use proper toasting procedures.
13. Thou shalt fall into disrepute with thy peers if the pleats of thy cummerbund are not properly faced.
14. Thou shalt also be painfully regarded if thy clip-on bow tie rides at an obvious list. Thou shalt be forgiven, however, thee also ride at a comparable list.
15. Thou shalt consume thy meal in a manner becoming of a gentleman.
16. Thou shalt not laugh at ridiculously funny comments unless the president first shows approval by laughing.
17. Thou shalt express thy approval by tapping thy spoon on the table. Clapping of thy hands will not be tolerated.
18. Thou shalt not question the decisions of the president.
19. When the mess adjourns, thou shalt rise and wait for the president and head table guests to leave.
20. Thou shalt enjoy thyself to the fullest.

## The grog bowl

Infractions warranting a trip to the grog bowl may be noted at any time by the president, vice or any member of the mess. Members must bring infractions to the attention of the president by saying "Madam Vice, I have a point of order."

If the validity of the charge is questioned, members vote by tapping their spoons on the table.

When the president directs a violator to the grog bowl, the individual proceeds to the bowl promptly.

Upon arriving at the bowl, the violator does the following:

- a. Does an about face and salutes the president.
  - b. Turns to the bowl and fills the cup.
  - c. Does another about face and toasts the mess "To the mess!"
  - d. Drains the contents of the cup without removing it from the lips then places it inverted on their head signifying it is empty.
  - e. Replaces the cup, again salutes the president and returns to their seat. With the exception of the toast, "To the mess," the violator is not permitted to speak during this process.
- At various points during the evening, a member may be sent to the grog bowl as punishment for violating the rules of the mess.

# Formally honoring through toasts

Following with the traditions of the Air Force, toasts are generally used during these occasions. A toast is a formal gesture of respect.

Toasting originated with the English. Proper etiquette (and Rules of the Mess) follow that every member present participates in the toasts by raising a glass charged with a drink and responding with



the appropriate statement and taking a sip.

The following are some of the toasts and appropriate responses for today's event. If not listed, the appropriate response is "Hear, hear."

**Toast:** I propose a toast to the colors.

**Response:** To the colors.

**Toast:** A toast to the commander in chief.

**Response:** To the president.

**Toast:** I propose a toast to

the secretary of the Air Force.

**Response:** To the secretary of the Air Force.

**Toast:** I propose a toast to the chief of staff of the Air Force.

**Response:** To the chief.

**Toast:** I propose a toast to the president of the distinguished organization that continually supports every Airman at Davis-Monthan Air Force Base — the DM-50, Mr. Mike Harris.

**Response:** Hear, hear.

**Toast:** I propose a toast to the Prisoners of War and those Missing in Action.

**Response:** This toast is done with a silent response and glasses charged with water.

# Honoring Air Force Aces (Part two)

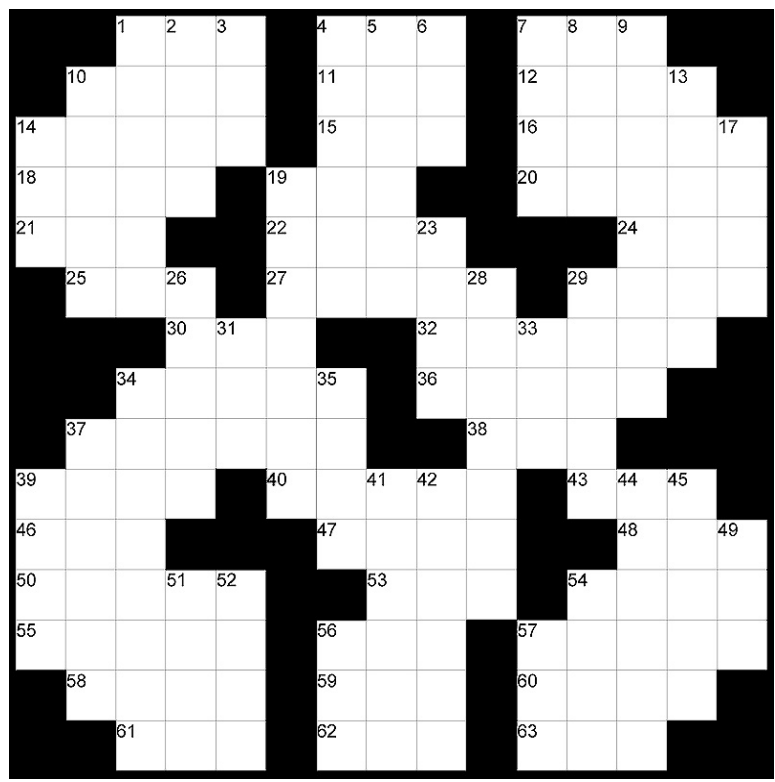
By Capt. Tony Wickman  
*Alaskan Command Public Affairs*

- Across**
1. Blackberry, Palm Pilot, etc.  
4. USAF Maj. \_\_\_\_ T. Robbins (22—W WII)  
7. Bachelor’s spot  
10. Servant  
11. Dined  
12. Sigh of regret  
14. Young girl’s toys  
15. Swimsuit part  
16. Rolls-\_\_\_\_; luxury car  
18. USAF ace Capt. John J. \_\_\_\_ (21—WWII)  
19. \_\_\_\_-tai; tropical drink  
20. Building construction material  
21. Rapping “doctor”  
22. Slop  
24. Cell material, in short  
25. Aliens  
27. Player  
29. Places  
30. Greek letter  
32. Pivotal WWII battle in the Pacific

34. Ghanaian currencies  
36. T-bone or strip  
37. Watch out!  
38. Federal spy org.  
39. Ordnances  
40. Third rock from the sun?  
43. Mil. pay entitlement  
46. Chunk  
47. Asian  
48. Korean cash  
50. \_\_\_\_-garde; innovative  
53. Drink need  
54. Poi base  
55. Fight  
56. Pen filler  
57. USAF ace Col. Royal N. \_\_\_\_ (16.5—WWII/Korea)  
58. Drift  
59. Foot part  
60. Pilots with 5+ kills  
61. VCR setting  
62. SECDEF’s office symbol  
63. 2,000 lbs

- Down**
1. Cargo item  
2. Pickle type  
3. Commercials  
4. USAF ace Maj. James

- \_\_\_\_ (15.5—WWII/Korea)  
5. Heart part  
6. Vote in agreement  
7. USAF ace Capt. Ralph S. \_\_\_\_ Jr. (10—Korea)  
8. Lotion ingredient  
9. First light  
10. USAF ace Capt. Lonnie R. \_\_\_\_ (10—Korea)  
13. Meager  
14. VCR replacement  
17. Periods  
19. USAF ace Maj. Thomas B. \_\_\_\_ Jr. (38—WWII)  
23. Reps. opponent  
26. Simmers  
28. USAF ace Capt. R. Stephen \_\_\_\_ (5—Vietnam)  
29. USAF ace 1<sup>st</sup> Lt. Jacques M. \_\_\_\_ (10—WWI)  
31. Oklahoma town  
33. Opus \_\_\_\_; Roman Catholic org.  
34. Harpsichord  
35. Chair  
37. More bold  
39. First man  
41. Zoo animals  
42. Nailed to a wall



(Solutions can be found on Page 27.)

44. Rouse out of bed  
45. Infections  
49. Neither’s partner  
51. The Subject Was Roses actress Patricia  
52. Provisional worker, as in an office  
54. Tex-Mex dinner item  
56. Simpson trial judge  
57. Baseball tool









# HAWC helps Airmen soar to peak fitness ability

Being at an optimal or peak fitness level is a goal of many. The 355th Medical Group, through the Health and Wellness Center, provides a boost of support and information in getting to the desired levels.

The mission of the HAWC is to provide a committed health and wellness partnership with individuals and families through integrated programs that promote individual responsibility for a healthier lifestyle.

Wellness and a healthier lifestyle includes more than just a life absent from sickness, but also one that is balanced in physical, mental and emotional health.

The following are a few of the programs offered at the HAWC for all beneficiaries at Davis-Monthan:

## Microfit test

Knowing how to start, or whether a program is working for a specific individual, can be difficult. The Health and Wellness Center can help by doing a Microfit test.

The whole process takes 20 to 30 minutes to complete. The Microfit evaluation consists of a blood pressure test, height, weight and body-fat measurements, aerobic exercise bike test, bicep strength measurement and back flexibility evaluation.

Results give an overall picture of the current fitness level, which can provide suggestions on how to improve.

After the test is complete, the experts at the HAWC can arrange for a one-on-one session with a fitness program manager or with a dietary

technician. They can help get the perfect individualized fitness plan on a jump start.

For more information, call the Health and Wellness Center at 228-2294 or 228-1003.

## Bone sonometer

Injuries are common amongst athletes, but injuries in any fitness program can set an individual back in progress.

The HAWC has the technology available to see what a person's risk of a bone injury is. The bone sonometer will determine what the chance and individual has of fracturing a bone through exercise.

The process takes about 10 minutes. The scan of the bone comes from the heel and measures the overall bone density. Counseling about how to prevent injury supplements the data. To schedule a bone sonometer test, call the Health and Wellness Center at 228-2294 or 228-1003.

## Med Gym

As the years go by, many individuals notice that losing weight is much more difficult and packing on the pounds is much easier. The Basal Metabolic Rate effects how many calories are needed and how many calories are burned. An individual uses energy, even with little or no movement, such as lying in bed.

While staying in bed all day isn't an option for most, measuring the Basal Metabolic Rate can help individuals know more precisely how many calories their body needs to sustain, gain or lose weight.

The HAWC has a small, hand-



Photo by Airman 1st Class Clark Staehle

Tech Sgt. Ricardo Legaspi, 355th Aerospace Medical Squadron (left) helps Master Sgt. Danny Pate, 355th AMDS strap his foot in to the bone sonometer. The bone sonometer is a machine used by Davis-Monthan's Health and Wellness Center to measure bone density and provide information on possible bone injury.

held machine that measures a person's oxygen consumption and resting metabolic rate.

Call 228-2294 or 228-1003 to make an appointment or for more information.

## Relaxation room

An overall healthy lifestyle includes a good fitness level and eating healthy, but stress levels also play a factor.

The HAWC offers a relaxation room for individuals to use to take a short "vacation" and get away from tension and relieve stress.

The room has a massage chair,

mood lighting and soft music. Call 228-2294 for more information.

These are just a few of the services offered at the HAWC. The staff of individuals are available and ready to assist you Monday through Friday during duty hours with nutrition and weight loss, tobacco cessation, understanding diabetes, controlling cholesterol and many other wellness concerns. Services are located in Building. 4220 near the intersection of 8th and Madera Streets.

(Information courtesy of 355th Medical Group, Health and Wellness Center).



Photo by Airman 1st Class Clark Staehle

## Pumping iron

Senior Airman Stanley Hale, 355th Logistics Readiness Squadron, performs a skull crusher, a type of lying barbell triceps extension in Davis-Monthan's Sports and Fitness Center. Airman Hale has been lifting weights for many years and includes regular weight training as part of his fitness program.

# Sports Shorts

For more information on programs provided by the D-M Fitness Center, call 288-0022 or the Haef-fner Fitness Center at 228-3714.

## Summer golf fees

Enjoy the last few weeks of summer golf fees at the Blanchard Golf Course.

The following rates listed include cart and green fees:

◆ Monday through Friday:  
\$19 after 9 a.m.  
\$16 after 1 p.m. and  
\$13 after 4 p.m.  
Play 18 holes after 1 p.m. for \$10 or golf until sunset after 4 p.m. for the same rate.

See the Blanchard Golf Course Recreation Assistant for adjusted walking rates before 1 p.m. Summer rates end Sept. 30.

For more information, or to reserve a tee time, call 228-3734.

## Fitness Center Classes

The Haeffner Fitness Center

offers Yoga classes every Monday, Wednesday and Friday from 6 to 7 p.m. Yoga classes emphasize the harmony of both the body and mind and cost \$2 each.

Spin classes are available Monday, Wednesday and Friday from noon to 12:45 p.m., Tuesday and Thursday from 5 to 6 p.m. and Saturday from 11 a.m. to noon.

Pilates classes are offered every Saturday from noon to 1 p.m. Pilates focuses on awareness of the spine, breathing, core strength and flexibility.

## Bicycle training rides

The final group bicycle rides will take place Saturday at 6:30 a.m. The starting location is Pavilion number one at the Golf Links Sports Complex. From base, head north on Craycroft Road and take the second left past Golf Links Road. Stay right in the parking lot to the pavilion. Participants should arrive 10 to 15 minutes early to sign in for a prize drawing. Distances vary between 20 and 40 miles with shorter routes available. Maps will be provided. For more information, contact Steven Ammons at 940-2166.

# Fair catch



Photo by 2nd Lt. John Ross

**U.S. AIR FORCE ACADEMY, Colo.** — Air Force wide receiver Jason Brown reaches in vain for a pass between University of Wyoming free safety John Wendling, 23, and cornerback Terrance Butler, 3, during the Falcons last-ditch drive here Sept. 17. The Cowboys went on to edge the Falcons 29-28. The Falcons season record is currently 2 -1. The team's next game is a Mountain West Conference Match against the University of Utah in Salt Lake City.





## Chapel Information

Services and activities offered by the D-M chapel are listed below. For more information on Jewish or Muslim services; Sunday School programs; Vacation Bible School; Bible studies; youth groups; and ministries, call 228-5411.

### Worship schedule

#### Catholic

◆ Saturday Mass is at 5 p.m. at Desert Dove Chapel.

◆ Sunday Mass is at 9:45 a.m. at Desert Dove.

#### Protestant

◆ Traditional service is Sunday at 8:30 a.m. at Hope Chapel.

◆ Desert Lightning Fellowship (contemporary) is Sunday at 11:15 a.m. at Desert Dove Chapel.

◆ Gospel Service is Sunday at 11:15 a.m. at Hope Chapel.

◆ Sunday School classes are held for all ages from 9:45 to 1:45 a.m. in both the Hope and Desert Dove chapels.

◆ Children's Church is held weekly starting at 11:30 a.m. for both the Gospel and Desert Lightning services.

### Sunday School Spiritual Fitness

Every Tuesday night at 6:30 p.m. in the Desert Dove Chapel are classes for the whole family. Programs include Protestant Women of the Chapel, Discovering Your Gifts seminar, Financial Peace University, Journey Through Hebrews and more are available. Contact the chapel for more information at 228-5411.

### Chapel openings

The following non-appropriated chapel contracts are open for bid until Oct. 3: Religious Education Coordinator, PWOC Children's Ministry Assistant Coordinator II, Spiritual Ministry Coordinator and Sunday Mass Music Coordinator. Statements of work are available at the chapel front office and interviews will be conducted Oct. 4 through 6.

## Family Support Center

For more information on programs and services provided by the Family Support Center, call 228-5690.

### Pre-separation Counseling

This class will take place at the Family Support Center Tuesday and Oct. 4 from 9 to 10 a.m. This is mandatory for military members and will acquaint departing members with services and agencies available to help transition to the civilian workforce. The class size is limited to 20 attendees and should be scheduled no later than 90 days before separating/retiring or in special circumstances, as soon as possible. Call the Family Support Center to sign up.

### Time for Tots

The next Time for Tots will be held on Wednesday, Sept. 28 and Oct. 5 at Desert Dove Chapel from 9:30 to 10:30 a.m. Come and meet other parents while the children

## Commissioning options for enlisted troops available

The Airman Education and Commissioning Program newsletter for fiscal year 2006 is now available at: <http://www.afoats.af.mil/AFROTC/EnlistedCommissioning/>. Interested applicants must read the entire newsletter due to major changes in the program.

The newsletter discusses only the academic eligibility requirements, so applicants must also read the Program Description and Eligibility Requirement section. One major change is that the Reserve Officer Training Corps program will no longer accept a general letter of admission from the college or university.

The deadline to headquarters ROTC for all personnel-related waivers is Jan. 6 and the application deadline is March 1. For more information, call Norma White at 228-4249.

*(Information courtesy D-M Education Office.)*



Courtesy photo

Air Force Reserve Officer Training Corps cadets demonstrate their rifle movements as part of their commissioning preparation.

enjoy fun and activities. For more information call the Family Support Center at 228-5690.

### Resume, Interview workshops

These workshops cover the basic information to help prepare for the next job. The resume workshop will be held Oct. 7 from 9 to 11 a.m. and the interview workshop will be held Oct. 7 from 12 to 2 p.m. both at Family Support Center, Bldg 3210. Call the FSC for more information about career workshops or to sign up.

## Education Services

For more information on programs and services provided by Davis-Monthan's Education Services, call Norma White at 228-4249, or Rafael Maldonado at 228-3484.

### Study Skills Classes

Pima Community College is offering two Study Skills classes, titled STU 100, College Study Skills. This is a one credit class and Tuition Assistance will pay for this course. The first class will be held at the East Campus, every Tuesday and Thursday, starting Thursday and ending Nov. 1, from 5 to 6:20 p.m. The second class will be held at the Pima County Adult Education Building, Oct. 20 to Dec. 20, from 5:20 to 7 p.m. Please contact Pima Community College at 206-4866 for additional information.

### Tuition Assistance policy change

Air Combat Command headquarters has implemented a new Tuition Assistance policy requirement for all students applying for TA. All students are now required to have their degree plan on file with the Base Training and Education Services office prior to approval of TA. The BTES has set the following schedule and deadlines to implement

this Head Quarters ACC requirement:

◆ Park University and Embry-Riddle students — Oct. 17;

◆ Troy University and Pima College students — Jan. 1 and

◆ All other Universities — March 1.

Students can e-mail their degree plans to 355th Mission Support Squadron Education Office at [355mss.dpe2@dm.af.mil](mailto:355mss.dpe2@dm.af.mil). Please include name and Social Security number.

For more information, stop by or call the Education office in Bldg. 3200.

### Troy University honors

Troy University is proud to announce its ranking as a Best Southeastern College by The Princeton Review for 2006. Apply now to begin classes in October in any of the three master's programs Troy University offers on base. Term II begins Oct. 10. With Troy's new seamless transition from one Troy location to another and an increasing number of programs available through distance learning, it is easier than ever to earn either a bachelor's or master's degree. For additional information, call 748-2625.

### Montgomery GI Bill changes

Effective Oct. 1, the Montgomery G.I. Bill will increase to \$1034 for a full-time student, \$770 for three-quarter time, \$517 for half time and \$258.50 for one-quarter time or less. The new rates are automatic and no action is required for those enrolled in the MGIB. Call Phil King at 228-3812 for more information.

### Air War College courses

Air War College Courses 42A through 42D only, are now available for e-testing. If AWC students have questions about testing policies for AWC e-testing, consult: <http://www.maxwell.af.mil/au/awc/awc-ns.htm> or contact AWC at DSN 493-6093.



## Happenings

### Officers' Spouses' Club

The DMOSC will host its monthly luncheon Sept. 29 at 11 a.m. at the Mirage Club.

The cost of lunch is \$11 for club members and \$13 for non-members. For reservations, call Marla Howes at 751-9155. For more information about the organization, visit [www.dmosc.com](http://www.dmosc.com).

## Child Development Center

For more information on programs and services at the Dorothy Finley Child Development Center, call 288-6463 or the D-M Center, call 228-3336.

### Part-Day Preschool

The D-M Child Development Center's Part Day Preschool runs through Apr. 28. Children must be three years old by Aug. 31 and fully potty trained. Fees are on a sliding scale and are based on total family income. Parents must provide the child's shot records, leave and earnings statement and an emergency contact person at time of registration.

Parents will have the choice of a three-day program either morning or afternoon on Monday, Wednesday and Friday. Morning sessions will be from 8:30 to 11:30 a.m. and afternoon sessions will be from 12:30 to 3:30 p.m. There will be a two-day program in the morning on Tuesday and Thursday from 8:30 to 11:30 a.m.

## Outdoor Recreation

For more information on programs and services through Outdoor Recreation, call 228-3736.

### Colossal Cave Ladder Tour

See areas of Colossal Cave not open to the public since the 1950s. The guided tour will visit an exquisitely beautiful, partially improved area of Colossal Cave. Visit closed-off and infrequently-traveled passageways rarely seen by others. Participants will be provided hard hats and lights and must be ready. Afterwards enjoy a delicious Southwestern meal outside under the stars (weather permitting). Open to everyone 12 years or older. This is a rigorous tour and participants must be able to climb and clamber. Van leaves ODR, Bldg. 4430 at 4 p.m. and returns to D-M at approximately, 8:30 p.m. Register at ODR by Tuesday. Cost is \$57 per person. For more information, call 228-3717. Please note: this trip is not recommended for anyone persons that may suffer from fear of confined spaces, heights or darkness.

### San Diego Deep Sea Fishing Trip

Enjoy a weekend getaway to San Diego for some Deep Sea Fishing, Oct. 21 through 23. Price includes hotel for two nights and all equipment and license, needed for fishing. All meals are on your own, the boat does offer a kitchen with meals, snacks and drinks for pur-

## Chance to shine October 7

### D-M Oktoberfest, bed races, talent show coming soon

The annual D-M Southwest Oktoberfest and Family Teen Talent Show will be held Oct. 7, from 4:30 to 9:30 p.m.

Come out and enjoy a festive Oktoberfest atmosphere along with fun events like log cutting, cow milking, nail hammering, cup stacking, squadron bed races and more. Test tire-changing skills in the new "Pit Stop Challenge."

There will also be a band for enjoyment as well as prizes and games. Those in attendance can purchase food and beverages. Local sponsors will also be on hand with free giveaways and to answer questions.

The Family and Teen Talent Show begins at 5:30 p.m. D-M families and teens will perform in the annual talent show to see who will go to compete at the Air Combat Command level. During the Family & Teen Talent Show, the Community Center will record any active duty military member interested in auditioning for Tops in Blue.

Contact the Community Center in advance if interested in auditioning. Bring personal lawn chairs and enjoy the entertainment.

The annual Squadron Bed Race will kick off at 6 p.m. with the top three winners taking home a share of over \$1,500 in cash, club cred-



Courtesy photo

With their A-10 entry into the 2004 Bed Races, Airmen get ready for their race. This year's competition has more than \$1,500 in cash, club credit, prizes and trophies up for grabs.

it certificates, prizes, and trophies. Squadron bed race representatives must register their teams and pay the \$25 team or \$5 per person entry fee at the Community Center by Oct. 4.

(Information courtesy 355th Services Squadron.)

chase. Restaurants are located near the hotel. Van departs from ODR at 9 a.m. Oct. 21 and will return 9 a.m., Oct. 23. Register at Outdoor Recreation by Oct 3. Cost is \$220 per person.

## Information Tickets & Tours

For more information on programs and services provided by Information, Tickets & Tours, call 228-3700.

### New hours of operation

Taking effect Oct. 1, the following will be the new hours of operation for ITT.

◆ Monday, Tuesday, Thursday and Friday 9:00 a.m. to 5 p.m.

◆ Wednesday 10 a.m. to 5 p.m.

ITT will be also be closed every Saturday and Sunday.

### Arizona Sonoran Desert Museum

The Arizona Sonora Desert Museum invites you to join them for Military Appreciation Days during the month of September. Active-duty military, retired military and veterans receive 50 percent off any admission ticket. Must show proof of military status to receive discount.

### 2006 Tucson Entertainment Books

The cost for these books is \$35 (regularly priced at \$40 per book).

Get a 2006 Tucson Entertainment Book and receive more than \$21,400 in local savings and

\$10,000 in travel savings with 243 restaurant discounts, 156 shopping and services discounts, the lowest hotel rates guaranteed and more.

## Movies

### Today

The Great Raid (R)  
7 p.m.

### Saturday

Four Brothers (R)  
7 p.m.

### Sunday

Supercross (PG-13)  
2 p.m.

Regular admission is \$3 for adults and \$1.50 for children under 12 and senior citizens. Call 228-5694 for the theater movie recording.













